



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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**Bjørn Petter Krakereid**

□□□: 6:10:59

□□: 13

□□: 6.15 km/h

□□□□: 9:46 min/km

□□: 38.00 km

Trail Run

□□□□□: 81 (of 143)

□□□□□□: 3:46:48

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□□□□□: 71(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:25:52	-	83	28:30	89	28:30	-	1:25:52	-	83	28:30	89	28:30
Hogstad	-	1:12:33	-	84	27:39	96	27:39	-	2:38:25	-	79	56:09	87	56:09
Storaberget	-	32:26	-	81	13:01	93	13:01	-	3:10:51	-	80	1:09:10	89	1:09:10
Myland	-	1:24:54	-	62	33:04	70	1:15:35	-	4:35:45	-	75	1:42:14	84	1:42:14
Vårlivarde	-	25:00	-	83	12:30	98	12:30	-	5:00:45	-	75	1:54:44	84	1:54:44
Lauvås	-	42:11	-	64	19:58	72	19:58	-	5:42:56	-	74	2:13:23	83	2:13:23
Finish	-	28:03	-	60	10:48	71	10:48	38.00	6:10:59	-	71	2:24:11	81	2:24:11